

DR. OZZY PRINCE OF DARKNESS TALKS HEALTH



ROWLAND **OPENS UP ABOUT** HER BREAST AUGMENTATION (page 19)



CALGARY netra

Tuesday, October 11, 20 www.metronews.ca



News worth sharing.



• One-of-a-kind public encampment welcomes everyone Organizers expect hundreds to stay in park for at least 3 weeks



Residents calling for systemic change have created what may be Calgary's first legal base camp for demonstrating in a public park.

The camp's creation follows the precedent set in New York, where individuals began demonstrating in that city's financial district and camping in a nearby park Sept. 17. They continue doing so today as part of a movement called Occupy Wall Street.

Organizers for Occupy Calgary had already been planning a demonstration here for this coming Saturday, but activist Paul Hughes wanted to create an area where people would feel comfortable sharing their viewpoints and he hopes to repair societal inequality.

He met with city officials earlier this month and was granted a space big enough to hold 500 on St. Patrick's Island, near the pedes-



trian bridge leading from the East Village. The first campers pitched tents Saturday.

"It's somewhat unprecedented," Hughes said yesterday. "The police and city are working with us on this.... It's sort of like playing soccer and you're on one team and I'm on the other and we're passing the ball to each other.'

Bylaw officials even carted in a fire pit and portable toilet and will continue adding amenities if and

Setting up camp

Getting ready. As of yesterday afternoon, 24 people had already set up shelter at the Occupy Calgary base camp. Organizers expect hundreds to be in attendance by the weekend.

when the population at the base camp grows, said spokesperson Andrew Bissett.

"Every event is different," he said. "We'll see what happens as time goes on."

The camp has become a welcoming home for many of the homeless — typically forbidden from camping in public parks — like Shamus Stoner, who is attempting to overcome drugaddiction and to find proper work.

"I hope people will see this and it will cause real change," he said.

For video of the base camp, go to metronews.ca/calgary



► Calgary Flames goalie Henrik Karlsson stops a shot by St. Louis Blues' Andy McDonald in the second period of last night's game in St. Louis. The Blues won 5-2. See story, page 32.



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Frigid winter expected for western Canada

With winter typically comes the cold — but this year could chill you to the bones.

According to The Accuweather.com, several Arctic air masses will be passing through British Columbia and Alberta this year, making for one of the coldest winters in the past 20 years.

While Calgary may be spared some of the chilly temps, our neighbours to the north could face some of the harshest temperatures in the past 20 years.

The Accuweather.com report said Edmonton could have one of the top-three coldest winters in the past two decades.

METRO

Traffic patterns altered

Beginning today, traffic at the intersection of 10 Avenue and 14 Street Southwest will be moving differently.

The city recently installed a traffic signal at the intersection to provide an east-west connector from the downtown core, according to a city release.

"Opening this intersection will also provide another access to the new Sunalta C-Train station when the west leg of the LRT opens," said Joe Olson, senior transportation engineer. • METRO



Print-tech upgrade paying off, police say

▶ Ten per cent rise in matches this year, more than 50 cold cases also aided
▶ Fingerprints from more than 11,000 Calgary crime scenes still unidentified



Promising results from new fingerprint-identification technology are helping point more criminal investigations in the right direction than ever before, says a Calgary police representative.

The \$1.3-million Automated Fingerprint Identification System, also known as MorphoBIS, was introduced locally in February, and so far investigators have seen a nearly 10 per cent spike, year over year, in positive IDs at crime scenes.

"We are now getting a match on nearly one-third of our cases," said Jan Gregory, a civilian supervisor for the police's latent fingerprint team. "It's hugely successful."

Just as important are the new clues MorphoBIS is providing about fingerprints found at crime scenes that have gone "cold."

To date, Calgary's criminal identification unit has run 930 searches on cases ranging from thefts to assaults and even homicides in 2009 and 2010 and come up with more than 50 new matches.

Gregory said her unit will continue to work backwards on cases from 2008 and older in hopes of turning up new evidence, but could not provide specifics on whether any convictions could be directly linked to Morpho-BIS.

Although improved fingerprint matching is a promising development, Janne Holmgren, an associate justice studies professor at Mount Royal University who has done extensive research on crime-scene evidence, cautioned that the road to a proper conviction is often challenging.

"(Fingerprinting) is a fairly subjective art form that you are trying to make really scientific," she said.

Gregory said providing even a small measure of hope to victims of past crimes makes the endeavour worthwhile.

"I think it represents a

Improved system

- The MorphoBIS system provides numerous advantages over its predecessor, which Calgary police had relied upon since 1986.
- The fingerprint image it produces is about double the quality, and searches take one-quarter the time.
- The system also allows for better sharing among police units throughout Alberta, all of which are able to access the central database in Calgary.

huge boon to our crimescenes unit as well as the investigators on the street to provide at least a lead that maybe wasn't there before," she said.





Not all economic crises are created equal, Allan Small says, and the current market decline is not the same as what happened in 2008. Scan the code for more.

To scan 2D barcodes in Metro, download the Pree ScanLife app at Pree ScanLom.

Tomorrow in Metro:

Zombies are invading! Pick up tomorrow's edition to learn everything you need to know about the brain-eating undead, so that you'll be prepared when they come to your city.



2nd ANNUJA





Gem, Mineral and Fossil Show in Calgary downtown.

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Errant bullet just misses families

• Improper use of hunting rifle led to dangerous situation: Police Charges expected to be laid today



Still in shock, two Calgary families yesterday surveyed the damage caused to their homes by an errant bullet and counted their blessings no one was hurt.

Jason Kowalski was watching football near the back of his home on Cran-Way Southeast around 10:20 p.m. Sunday when he heard a "deafening" blast.

"It was crazy," he said. "I raced over to see what had happened. My wife's eyes were like saucers, and there was debris all over the living room.

Police Insp. Dean Vegso said as many as three firearms-related charges could be laid against the individual responsible for the aunfire.

Even more terrifying was the scene in the home to the right of Kowalski's. where a family of four was making popcorn in their kitchen.

The family asked to remain unidentified but said the bullet tore through the computer room just me-

"I told my kids immediately, 'Get down, get down! It's a bullet hole!" the mother recalled.

The family remained on the ground for more than an hour.

Police Insp. Dean Vegso said two men were initially taken into custody and investigators believe an individual in the home left of Kowalski's was cleaning his hunting rifle with a round still in the chamber when it went off.

"It could have ended tragically," Vegso said.

An individual answered the door at the home where the bullet originated from yesterday but re-

Snow-disposal issue now up to contractors to solve

KATIE TURNER

The city has dumped the responsibility of finding a place to get rid of snow on private contractors after deciding to close the doors to the public on its snowdisposal sites.

Due to a mounting "glacier," manager of roads maintenance Dean Bell said last week only the city will use the facilities. Officials want the snow in the area to melt faster next year so they can do some necessary work to the ground below.

"We've had mixed reviews from the private companies," said Bell.

Ross Westenfelt, owner of Groundskeepers, said the city's decision came as a surprise.

He said he decided to buy a \$360,000 commercial snow melter rather than find an alternate dumping ground.

"For the first little while



Too expensive

- The city has three snowdisposal facilities — in the northeast, southeast and the southwest.
- Dean Bell said it's expensive for the city to have

it's going to be a little more work for us."

Another contractor. who wished to remain anonymous, said this deciprivate companies and members of the public dumping on their sites.

▶ Bell said garbage and debris is often dumped with the snow and that eventually has to be transported to the landfill.

sion could lead to illegal dumping. "A lot of people have spots where they get rid of it whether it's legal or not.

Construction | **Authors to** site fire investigated

Investigators are looking into the cause of a fire that was started early yesterday morning at a downtown construction site.

Around 12:30 a.m., crews discovered a fire four levels underground at a building under construction at 9 Street and 11 Avenue Southwest.

gather for WordFest

More than 70 writers from around the world will take part in the six days of WordFest, which kicks off today.

From Oct. 11-16, the festival will host more than 60 events. Details can be found at wordfest.com.

METRO

Gunman shoots in Signal Hill

Thanksgiving weekend was interrupted by chaos and gunfire in the southwest community of Signal Hill Sunday afternoon.

Police say a man opened fire on them on Sirocco Drive around 12:30 p.m. No bystanders or officers were injured but the gunman eventually turned the weapon on himself and later died in hospital. • METRO

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Dozens serve up Thanksgiving feast First-time volunteers say experience will likely bring them back



It may have been the largest family dinner in Calgary.

Volunteers, staff members and clients came together to serve an estimated 3,500 meals yesterday at the Calgary Drop-In and Rehab Cen-

"I think a lot of people think of family when they think of Thanksgiving," said Mark Powers, manager of volunteer services. "It almost feels like a family when you have everyone supporting each other."

One DI client, who wished to remain unnamed, not only works two jobs but also spends his spare time volunteering at the centre.

"Whenever I have spare time, I'm either here in the kitchen or in the computer lab handing out computers to low-income people," he said. "Why not just give back a little bit of time in return as a gesture of thanks?"

Toria Litvinchuk, 13, said yesterday's lunch service was her first time volunteering but it likely won't be her last.

"I think it feels really great just to help.'









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U.K. going after forced marriages

○ British move outlined alongside measures to cut immigration rates

Forcing someone into marriage could be made a criminal act under possible changes to British law, Prime Minister David Cameron said yesterday.

Alongside moves aimed at cracking down on sham marriages used to cheat immigration rules, Cameron said he has asked interior ministry officials to discuss creating a new offence aimed at those who force people to marry against their will.

Currently, a potential victim of forced marriage can apply to a court for a protection order, which is

intended to stop intimidation or violence and prevent someone from being sent overseas.

"To force someone into marriage is completely wrong, and I strongly believe this is a problem we should not shy away from addressing," Cameron said in a speech in central London.

Cameron also said he planned to introduce stricter tests for marriage visas, targeting migrants who conduct sham weddings to win access to the

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Keeping ancient Samaritan traditions alive

The Sukkah is a temporary structure built for the Jewish holiday Sukkot, which the Samaritans will celebrate this morning. According to tradition, the Samaritans are descendants of Jews who were not deported when the Assyrians conquered Israel in the 8th century B.C. Of the small community of around 700 people, half live in a village at Mount Gerizim, and the rest in the city of Holon, near Tel Aviv.



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Boat sinks during family fishing trip

▶ Rescued women wanted to know, 'Where are our husbands?': Coast guard ▶ Treated for hypothermia

Seven members of a U.S. family, including a fouryear-old girl, survived 20 hours at sea by clinging to their capsized boat and a small cooler after their vessel flipped during a fishing trip off the Florida Keys, officials said yesterday.

A 79-year-old mother of two of the rescued boaters, Zaida San Jurjo Gonzalez, was missing and presumed drowned.

The other women told rescuers they didn't have time to grab life jackets for anyone except the girl when two waves suddenly flipped the boat off Long Key in choppy, rainy waters Saturday afternoon, U.S. Coast Guard Seaman Kendra Graves said.

Warnings

It wasn't clear if the boaters were aware of a small-craft advisory posted early Saturday.

- The advisory had warned of wind speeds of 37-61 km/h and seas 2.1 metres or higher as torrential rains poured over the Keys and South Florida.
- "They shouldn't have been out there," said Robert Dube, a spokesman for Florida Fish and Wildlife.

Jorge Alejo Gonzalez and the two other men tried to help his mother, but she went under the water within minutes, said Florida Fish and Wildlife Spokesman Robert Dube.

"He could not hold onto his mother and she went under." Dube said.

The boaters quickly drifted apart. The men held onto the boat. The three women and the girl clung to the cooler.

A commercial fisherman saw the capsized boat Sunday morning and rescued the men, Dube said. The women and girl were soon picked up by the Coast Guard, several miles from where the boat had capsized. "They were hanging onto the cooler. It was afloat but its main purpose was to keep them together." Graves said.

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Bangkok barricaded as floods near

Thai authorities are rushing to build sandbag barricades in Bangkok to protect it from floods that have already killed nearly 270 people across the country.

Hurricane threatens Mexico resorts

Hurricane Jova strengthened to a major Category 3 hurricane yesterday as it marched toward Mexico's Pacific coast, threatening

the idyllic beach resort of Barra de Navidad and one of the nation's biggest cargo ports.

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Jova's
maximum sustained
winds built to near 201
km/h yesterday.

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Vowing to get tough

• Egyptian military issues stern warning it intends to crack down hard on future protests after Sunday clashes

Egypt's ruling military yesterday condemned a surge in deadly violence as an attempt to undermine the state, and warned it will act to safeguard the peace following a night of clashes that drew in Christians, Muslims and security forces.

The generals' strong words signalled the governing military council will tighten its grip on power, further infuriating activists who have demanded an end to army rule and a transition to democracy.

Egypt's Coptic church harshly criticized the government for its actions in crushing the protests and accused it of allowing repeated attacks on Christians to go unpunished.

The clashes Sunday night were the worst sectarian violence since the



uprising that ousted Hosni Mubarak eight months ago. The riots laid bare the volatility of Egyptian society a month before the start of parliamentary elections that will help define the country's future political landscape.

In a statement, the Coptic Church, which represents about 10 per cent of Egypt's 85-million people, accused security forces of failing to stop anti-Christian agitators from turning what started out as a peaceful protest against church attacks into a sectarian riot in which at least 26 people, mostly Christians, were

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Leaking ship spawns eco fears

● Around 30 tons of oil have seeped into waters off New Zealand ● Crews trying to prevent a disaster

Forecasts of heavy ocean swells yesterday thwarted marine crews trying to pull oil from a leaking ship stuck on a reef off New Zealand's coast, as fist-sized clumps of the fuel started turning up on a popular surfers' beach.

The Liberia-flagged Rena has been floundering since it ran aground last Wednesday on the Astrolabe Reef, about 22 kilometres from Tauranga Harbour, and the government has demanded to know why the ship crashed into the well-charted reef in calm weather.

The ship owner says it is co-operating with authorities in looking into the incident. The 236-metre ship

The situation

- About 200 people are working on the operation, and New Zealand's defence force has about 300 people standing by.
- At least eight sea birds have been rescued from an oil slick that extends about five kilometres.

has been leaking fuel, leading to fears it could cause an environmental disaster if it breaks apart.

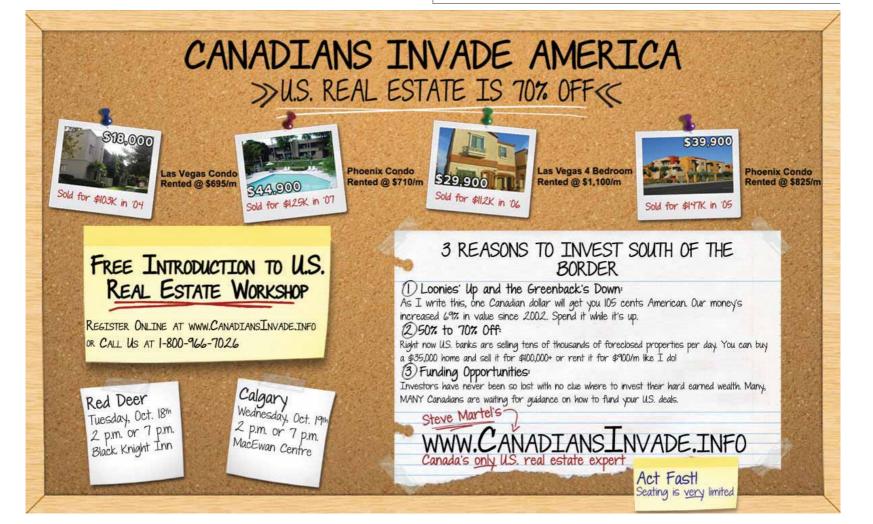
Marine crews began an operation Sunday to extract some of the heavy fuel oil from the stricken ship — the equivalent of about 10,700 barrels. But

they had to halt the pumping yesterday after managing to remove just 10 tonnes.

Clumps of the oil were found at Mount Maunganui beach, a favourite spot for surfers, according to Maritime New Zealand, the agency responsible for shipping in the region.

Because it's a cargo ship rather than an oil tanker, any spill would be small in comparison to disasters like the 1989 Exxon Valdez spill. But because the Rena is close to shore, the oil could still foul delicate estuaries in an area known for its pristine environment

THE ASSOCIATED PRESS



California spikes public gun-toting

• Firearm advocates and most Republican lawmakers oppose legislation, saying it targets law-abiding citizens

California became the fifth state to prohibit openly carrying handguns in public after Gov. Jerry Brown announced yesterday that he had signed the ban into law amid heavy opposition from gun enthusiasts.

The law, by state Democratic Assemblyman Anthony Portantino, makes it a misdemeanour to carry an exposed and unloaded gun in public or in vehicles, with violators facing up to a year in prison or a potential fine of \$1,000 when the law takes effect on Jan. 1.

Portantino said the bill is an opportunity to prevent tragedy before it hap-

"It's not if somebody is

Five U.S. states

The Brady Campaign. which sponsored the legislation, said California joins Florida, Illinois, Oklahoma and Texas as the only states to ban openly carrying handguns. It said 33 states, including Pennsylvania, Michigan, Louisiana and Colorado, do not prohibit open carrv. Twelve states. including South Carolina, Tennessee, Minnesota and Massachusetts require permits for open carry.

going be shot, it's when somebody is going to be shot," he said. "We have the opportunity to avoid that, and that's why this is

He said law enforcement officials have been concerned about the proliferation of guns in public and the tense situations that arise when someone sees another person carrying a firearm in public.

He said the encounters can escalate quickly because others don't know whether the gun is loaded or unloaded.

One of the first rules of firearms safety is to always assume a weapon is loaded. "Main Street California is not the Old West, and you don't need a gun to buy a cheeseburger,' Portantino said.

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A running start to life

A pregnant suburban Chicago woman felt contractions a few minutes after finishing the Chicago Marathon and gave birth hours later to a baby daughter. Amber Miller was nearly 39 weeks pregnant when she started the 42-kilometre race on Sunday morning.

Fire crews find body in home full of junk

Fire crews have found a body in a Vancouver home that was so packed with clutter they couldn't get safely inside to put out the flames.

The home caught fire early Sunday, and crews rushed to extinguish the blaze but could only pour water on it from the outside.

When they were finally able to use heavy equipment to dismantle the home and look inside, they found a victim.

Fire Capt. Gabe Roder says the coroner has completed an initial examination and determined the victim is a man.

Roder says the fire is not considered suspicious, although its cause will remain undetermined because of extensive damage. THE CANADIAN PRESS

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Cleverbot the next man's best friend

• Virtual humans are 'cheaper' and 'more consistent' • Chatbots are mainly used for customer service



She's everyone's favourite friend. Always there. No issue is too silly to discuss, and she always has kind, witty or unexpected an-

That's because she's a computer. More precisely, she's a virtual human (nickname: Cleverbot), a computer program designed to mimic humans and interact with them. "They (people) talk to her for hours, and then they email me and say 'Wow, that was the best conversation I've had today," says her creator, Rollo

Carpenter, a British computer scientist.

Welcome to a world where virtual and real humans mix seamlessly.

"In the past, chatbots were only able to answer simple questions, but they're getting smarter," explains Erwin van Lun, CEO of Chatbots.org.

To pass the industry benchmark, known as the Turing Test, a virtual human has to be so convincing that the user can't tell she's not a real person.

And virtual humans are becoming more humanlike. Earlier this month Apple introduced Siri, a voice-recognition system

that functions as an iPhone user's virtual assistant, scheduling appointments, looking up restaurants and providing gentle reminders all inside the iPhone.

"Many companies are working on developing virtual humans even farther, so they can understand emotions ...," says van Lun.

In the future, predicts Carpenter, Siri-like virtual assistants will be our friends. "We may even have them implanted as a chip in our brains," he says. "You'll just be able to say, 'What was that movie I saw the other night?' and your friend inside your brain will



TALK WITH CLEVERBOT

Developed by scientist Rollo Carpenter, this AI web app (cleverbot.com) learns from humans and talks back.

So Cleverbot, do you have friends? Yes.

Who are your friends? My friends are Lindsey, Josh, Kelby, and Dallas. Which human would you like to befriend the most? Female.

Computers like women? Are you sure that you are robot? I'm not a computer, you

I am not a computer! I am a human. You are a Cleverbot. No. I'm not.

So, who are you, a human? Yes, are you?

I am human. How do you know that you are human? I think therefore I am.

You may have a point there. Where do you live? Michigan.

Oh, gosh. It must be boring. Exactly. That is why I want to travel. What are you thinking

about now?

That's flattering. What do you think about me?

I love everything about

What do you particularly love about me?

The fact that you always

What is love?

Love is something strange but good that you feel towards a person.

Have you ever been in love? No.

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Netflix scraps streaming split

Netflix Inc. is abandoning its widely panned decision to separate its DVD-by-mail and Internet streaming services on a new website called Qwikster because it would make them more difficult to use.

Subscribers will be able to use both services under one account and one pass-

Market moment

Dollar



96.31¢ US (Friday's close) + \$2.43 US

(\$85.41 US)

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Markets in Canada were closed yesterday for the holiday.

word, CEO Reed Hastings said yesterday in a blog.

Investors saw the reversal as an Oscar-worthy move, sending the stock

up \$8.63, or 7.4 per cent, to \$125.84 in morning trading after rising as high as \$128.50.

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WHAT'S IN A MAIDEN NAME?

SHE SAYS ...

JESSICA NAPIER

I used to hate my surname. I would groan every time I had to explain that no I am not French and it's pronounced NAY-pee-ur not NAAAA-pee-yer.

As a child I longed for a simple last name, something solid and sensible like Barber or West. But as time went on, I grew to love my slightly unusual moniker. My name has been with me for 26 years and I'm not quite sure that I'll ever want to give it up.

And yet, I know plenty of women who are more than happy to abandon their surnames the moment they tie the knot.

Every weekend, a growing number of strangers populate my Facebook news feed as each new bride eagerly adopts her husband's name.

Many modern women wrestle with the namechange debate in the months leading up to their nuptials.

Relinquishing your maiden name is hardly the marriage prerequisite it once was, but it still seems to be

the cultural norm here in Canada.

"And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up

Some argue that a shared name for both partners builds a cohesive family unit and helps avoid the inevitable conflict over children's names. Plus there's the added bonus of never having to defend yourself against nosy in-laws and acquaintances who just can't understand why you don't want to use your "family

Sure there are plenty of reasonable arguments for ditching your surname for his, but isn't this tradition a bit archaic? I can't help but feel like there's a lingering sense of ownership

surrounding the whole thing.

in divorce court."

I shudder when I hear a newly-wed couple introduced as Mr. and Mrs. His First and Last Name, as if a change in marital status has resulted in the dissolution of her entire identity.

But let's forget the feminist unease for a moment. Taking your husband's name is also an enormous bureaucratic headache. Changing your name on all of your official documents — passport, driver's licence, health card, credit cards — means lengthy line-ups, stacks of paperwork and a lot of hassle.

And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court.

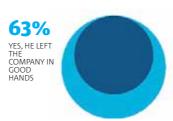
Ultimately, it's a very personal decision and there's really no right or wrong choice — only what's right for you. Unless you've decided to go with a hyphenated compromise. Excellent in theory, but individuals with multiple surnames always end up sounding a bit too much like law firms.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metropolitanpanel.ca and take the quick poll

Can Apple survive without Steve Jobs?



36%

NO, THE VISIONARY IS GONF

Local tweets



@BrittTange:Already on our way back to

way back to the #yyc so thankful for my life, family & friends <3

@EliseTissandier: Big fall clean up... Ugh. 1.5 rooms down. 4.5 more to go.
 Good thing for loud dance music on the good sound system.. #fallcleanup #yyc
 @MuBGuB: Such a lovely

@MuBGuB: Such a lovely day for a stroll downtown. #yyc

 @smokeycrow: #thankful for the yummy turkey sandwich I just ate and the great river pathway system in the #yyc #yycbike

• @wikkiwild1: Hey #yyc it's a gorgeous day out! Just came back from a 2hr walk. Awesome day!

• @dylan_random: I am forced to listen to the #Flames game on radio today. Just not the same. #yyc

• @SimpLee_Serene: I think all of #yyc is at Cross Iron Mills just took 20 mins to find a parking spot!

▶ @Jarredjones: #yyc bound after a wicked weekend. Thankful for amazing food, friends, family and everything else.

RE: John Mazerolle's column published Oct. 6, Let's talk birds and bees

While Mazerolle's article is already a somewhat pointless rehash of the tired and overdone issue of talking to teenagers about sex, he worsens the matter with his tactless and failed attempt at wit. In the print version of your paper he suggests warning boys off drinking and sex because this could result in relations with a fat girl and it could be all over the Internet by the following day. I noticed your online version had the decency to remove that paragraph but I was most offended by your print edition.

ELIZABETH DUNGAN, TORONTO

There seem to be a lot of letters being sent in regarding the column.

Have the people sending these in never heard of comedy? Honestly it is intended to poke fun at a subject, not to take it seriously. I happen to be an overweight woman and I did not find this article hurtful, ignorant, rude or offensive. Grow up and learn to take a joke.

When did we turn into a society that's so damn politically correct?

Gourd. Champ



Photo of The award-winning pumpkin weighed 1,704 pounds, making it a new California record. The circumference was 195 inches.

WEIRD NEWS

Fighting evil lands superhero in handcuffs

Instead of the bad guys, it was Seattle's most prolific self-styled superhero that ended up in handcuffs.

Police officers arrested the 23-yearold man who calls himself Phoenix Jones early Sunday after he was accused of assaulting several people with pepper spray. He was booked in county jail on four counts of assault, with arraignment set for Thursday, police said yesterday.

Jones, who wears a black mask with yellow stripes and a bulging muscle bodysuit, said he was only trying to stop a street brawl. "Just because he's dressed up in costume, it doesn't mean he's in special consideration or above the law. You can't go around pepper spraying people because you think they are fighting," said Seattle police spokesman Det. Mark Jamieson.

Jones has been the most public face of a group of vigilante crime stoppers to show up in Seattle in the last couple of years. His exploits have garnered much media attention, and he's had a camera crew trailing him in recent months.

Peter Tangen, a volunteer spokesman for Jones, said yesterday that police didn't have any interest in the alleged incident, but rather have an agenda against the masked crime fighter.

"They're on a mission to stop Phoenix Jones from what he's doing, which is legal," Tangen said. THE ASSOCIATED PRESS

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Box office



Boxing robots are the undisputed champions at the weekend box office. According to studio estimates Sunday, Hugh Jackman's Real Steel debuted at No. 1 with \$27.3 million. George Clooney's political saga The Ides of March was the runner-up, opening at No. 2 with \$10.4 million. Previous No. 1 movie, Dolphin Tale, slipped to No. 3 with \$9.2 million. THE ASSOCIATED PRESS



Father of Amy
Winehouse has memoir

Vanasse goes global

Quebec actress Karine Vanasse has her eye on the big-screen English language market
 Roles in Canadian indie film I'm Yours and ABC's Pan Am are turning heads outside Quebec

Already established in her home province of Quebec, francophone actress Karine Vanasse set her sights on launching a big screen career in the English-language market and beyond.

metr@scene

She found an agent to help her break into English Canada and the United States and scored her first anglophone leading role outside Quebec with the upcoming low-budget Canadian indie film I'm Yours.

But the lanky brunette says it's a small-screen role on the big-budget ABC series Pan Am that's proving to be the real key to her bid for global stardom, noting that early international sales have already introduced her to audiences overseas.

"I did a movie in France last (year) ... and they already knew about Pan Am — it's been sold everywhere in the world," said Vanasse, whose Canadian film credits include 2009's Polytechnique and the just-released bilingual comedy French Immersion

"Hopefully the show will work internationally and if it allows me to have a more international career... it's great to see that's possible."

The vast overseas market for North American TV offers a lucrative launching pad for actors hoping to be known for more than



just small-screen characters, said Elisha Cuthbert, the Canadian star of ABC's Happy Endings.

The Calgary-born actress says that's why she's just as concerned about cultivating a foreign following for her ensemble sitcom as she is about netting solid U.S. ratings.

"On a worldwide scale as opposed to just the United States — which is a huge deal — I would think that our international appeal is more important," Cuthbert said in a recent interview while promoting the U.S. series, which airs on Citytv in Canada.

She pointed to the global impact of her long-running spy serial 24, which scored a healthy international fanbase with its mix of political espionage and family drama.

"24 is what I can kind of relate to — that being such a worldwide success, it opened up the doors to do film (and was) useful in selling smaller films on an international scale," said Cuthbert, whose big screen vehicles have included The Girl Next Door, House of Wax and Old School.

"I do not underestimate the power of the world seeing the show and liking it and enjoying it because it does definitely make it a lot easier to go out and do other projects."

"The more countries

we're in, the better all around."

Indications are that the foreign sales market is booming. Last month, Time Warner CEO Jeff Bewkes predicted his company would double overseas business in four years as its pay TV networks and shows become more broadly distributed.

And the most recent gathering of MIPCOM, an annual industry event in Cannes geared toward program sales to large European broadcasters, saw a growing prominence of digital platforms hungry for North American content.

Mad Men star Jon Hamm said he was astounded to learn of his show's reach when he went on a press tour last year to France and Germany.

"I think we're in something like 70 countries or something, I don't know the exact numbers but it was eye-opening to me because I was like, 'Holy cow, Turkey! Really? Awesome. Israel? Great," 'Hamm said during a recent stop in Toronto to promote a bigscreen romantic dramedy, Friends With Kids.

"That's kind of the world that we live in obviously — that entertainment is global now.

"It's not specifically one territory or another, necessarily."

THE CANADIAN PRESS





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DVD Releases

Buy it *** | Rent it *** | Borrow it *** | Yawn ** | Don't bother *

The Tree of Life Genre: Drama Director: Terrence Malick Stars: Brad Pitt, Sean Penn, Jossica Chartain

Jessica Chastain

Think of it as a grand song, poem, prayer or even chant, but don't approach Terrence Malick's The Tree of Life as just another movie. It aspires to be far more than that, and it gloriously succeeds.

The film is nominally based around a troubled 1950s family in Waco, Texas, headed by an angry, disillusioned father (Brad Pitt), who is married to a sweet, naïve mother (Jessica Chastain). The O'Briens have three rambunctious sons, including elder lad Jack (bright new face Hunter McCracken), played as an adult by Sean Penn.

You also shouldn't expect a conventional narrative. The Tree of Life unfolds, rather, in a cascade of images that's closer to epic verse. In scenes ranging from the creation of the universe to an idyllic moment with dinosaurs on earth, Malick challenges the viewer to understand how humans — wrestling with nature versus grace — are just part of

Canada

a much grander scheme.

Malick's new masterpiece crosses the boundaries of the picture frame and heads straight for the imagination — a journey we all must take.

There are no extras in this DVD release, but talk persists of a future special edition. **OPETER HOWELL**

Horrible Bosses

Genre: Comedy
Director: Seth Gordon
Stars: Jason Bateman, Charlie
Day, Jason Sudeikis
1/2

Best buddies Nick (Jason Bateman), Dale (Charlie Day) and Kurt (Jason Sudeikis) just want to make a few bucks, get drunk and get laid. But they've all got horrible bosses who have driven them to desperate measures

Dental assistant Dale is being sexually abused by his randy dentist boss, Dr. Julie, played by Jennifer Aniston, who has never been funnier. Kevin Spacey is truly hateful as psycho financier Dave, and Colin Farrell is hilarious as cokesnorting chemical heir

Bobby.

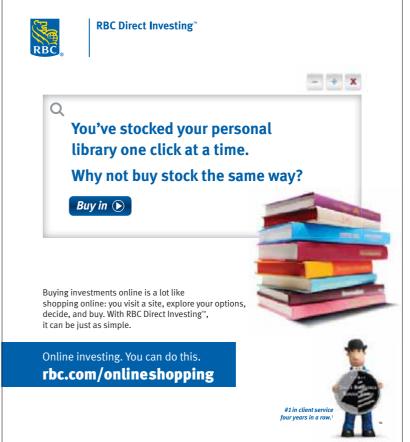
But how should the putupon wage slaves get rid of their loathsome overseers? Before you can say Motherer, along comes murder consultant Dean Jones (Jamie Foxx) to help them plot their dastardly deeds. Director Seth Gordon and a trio of writers keep the viewer guessing about the ultimate outcome of the murder plots, no small feat in a laugher as broad as this one. (So much scenery is chewed you'd think the set was beset by a plague of locusts.) This isn't murder most foul, but most fouled up.

PETER HOWELL





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Ask the doctor

I thought I'd pose to Ozzy a question that was also asked to therapist and columnist Jonathan Alpert. Try to guess who answered what.

- Is it normal that my cat is my best friend?
- A) No, but if your cat is your best friend, great. He won't steal from you. He won't rip you off.
- B) Depends. If your friendship with your cat prevents you from developing human ones, then no, it's not normal.

Answer: A=Ozzy, B=Alpert

Calling Dr. Ozzy

The Prince of Darkness dispenses his own brand of medical advice



PAT HEALY SCENE@METRONEWS.CA

Ozzy Osbourne may be the last person you'd turn to for medical advice or psychological counselling, but hundreds of fans have thought otherwise, as hard rock's most affable singer recently opened himself up to answering questions for his brand new book, Trust Me, I'm Dr. Ozzy.

The book is a perfect mixture of this bat-chomping tongue-in-cheek answering and sincere advice. But one thing Osbourne usually defaults to, in both conversation and in the book, is the phrase, "Go see a f—ing doctor!"

After reading your first book, I Am Ozzy, last year, it was amazing to watch the transition from somebody who spent a lot of time talking about feeling so alienated growing up to somebody who is comfortable dispensing medical advice to the masses.

I don't prescribe things to do with medication, or whatever. It's basically common sense. For instance, one guy wrote in and said, "I've just been prescribed this medication, and it says, 'Avoid alcohol when taking this medication," and he goes, "What should I do?" ... I say, "Well, either you're a dummy or you do what the bottle says!" ... Most of it is common sense, but every now and again people go, "I can't tell the doctor about this, he'll think I'm stupid." That's what they're there for!

Maybe it's the anonymity of writing to Dr. Ozzy?

Yeah, but the doctor isn't gonna go, "Oh, we've got one here who has got a pimple on his butt the size of ... a dollar bill! Come on in here!" Doctors have seen far more crude things than I ever have.

How do you decide when you're answering these questions if you're going to be silly or serious?

It depends on the question. ... One guy goes "I'm constipated. I can't go to the bathroom." I just go, "You wrote me asking me about your constipation. If nothing works, you should really go to your doctor."

In this book, there is definitely a lot of stuff about, how did you phrase it? Going to the bathroom.

Oh yeah. I suppose the general public has a fetish with sh—.

There are points where the advice skews on the heavy side, like where somebody wrote in about mourning the death of a friend.

Well, that guitar player of mine died, Randy Rhodes. Grief is very weird. People go through it differently. You think of grief as feeling sad.

I strongly advise therapy. Being the alcoholic guy that I am — I was in rehab — and I know that you might mourn the loss of your best friend with alcohol.

I was surprised to learn how much of a hypochondriac you are

Oh, I'll catch a disease off the TV. If you scratch your nose more than once, I'm sitting there scratching my nose



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Harry turning heads in Cali

Diritish prince creating some buzz during his trip to The Golden State

Prince Harry has been in California less than a week and he's already turned heads on two separate outings, according to People magazine.

First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals.

"He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine.

"A couple of girls wanted to take pictures but they said no."

Also over the weekend, Harry and about 20 friends hit the rooftop lounge at the Andaz Hotel in San Diego, where they caroused and watched the Rugby World Cup in a private cabana.

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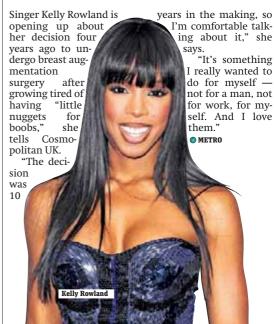
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Rowland was tired of 'little nuggets'





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Lynn Cooper,

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The smoker vs the breathing guru

Can Alan Dolan, who believes in the power of breathing-as-healing, help our habitual smoker? • We send her to a 'breathwork' session



physical, emotional and/or

psychological healing."

Maybe he can help her

say about her session:

Wertemberg had this to

"Alan started by loosen-

ing up my back, which felt

great. Then I started to feel

this tinkling feeling. It

started somewhere around

the upper chest, going out

breathe better.

This rub alleviates pain, minus the nasty chemicals.

Fitness

picks

Active feet Kiehl's cross-terrain 'dry run' foot cream An active life means stressed feet. Rub in this dry run foot cream, filled with volcanic extracts. to remove small

infections and discomforts caused by perspiration and strain.



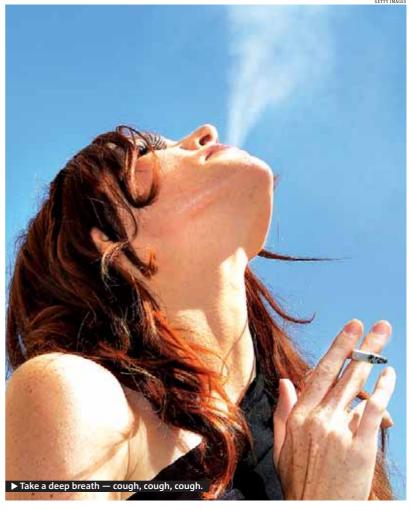
head feel really dizzy. For a brief moment it was like I was on the verge of having an anxiety attack. It was Karin Wertemberg is a 26like I couldn't breathe, or year-old who has smoked like having too much wine five cigarettes a day for the in one go. The sensation moved out through the last three years. She's tried quitting five times before arms and into hands and but it didn't stick. Her fingers. I could definitely habit has left her gasping feel some energy flow gofor air when she walks up ing around, which was the stairs, although she quite scary. Apparently, it considers herself otherwas all my own doing. I wise healthy. So we sent was told to hold my hands her to Alan Dolan, a on the lower abdomen, "breathing guru" who claims his "breathwork is keep my mouth open and inhale deep to inflate the a powerful and safe way to lower tummy like a balinfuse the body with much loon, then release. needed oxygen and energy It was hard to keep the thereby enabling our own (often depleted) healing systems to bring about

breathing constantly flowing and effortlessly let the air out quickly. The breathing helped me relax and unblock tension in the body. Once it was over I felt relaxed and had a greater sense of center and focus. But the next day I didn't feel much different. I feel no change whatsoever in my lungs.

in the arms and made my

I've smoked a bit less since the session, possibly because (of) the guru."

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Talk therapy for epilepsy

Treatment seeks to identify the individual triggers for the seizures

• Follow the story of one sufferer



Trevor Park had his first seizure at age 13 on the way to a Toronto Maple Leafs hockey game. Seizures are scary — they come suddenly and can make people with epilepsy thrash so violently that they hurt themselves.

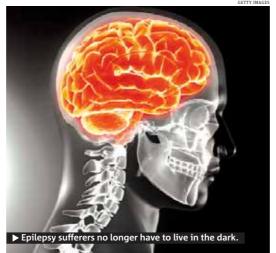
All through his teens and early 20s, Trevor continued to have seizures. He was taken to umpteen medical appointments and prescribed one drug after another. He once told his parents that he felt like a science experiment.

As Trevor grew older, he became self-destructive, doing things that he knew

triggered seizures — drinking, partying, driving dangerously and working late shifts.

"The low point," his mother Ellen Novack, from Thornhill, Ont., tells Metro, "was when he was drugged 16 hours a day and had no quality of life."

Unable to find a workable solution in Canada, the family travelled to the Andrews-Reiter Epilepsy Research Center in Santa Rosa, California. Trevor was able to climb out of the darkness of his disease, thanks to a novel approach epilepsy to developed by Donna Andrews, a PhD in neuropsychology and Dr. Joel Reiter, a Harvard-educated neurologist. The approach is



based on treating each person as an individual, finding out where the damage is, identifying the triggers, and teaching them ways to bring seizures under control.

"What the patient thinks, feel and does has everything to do with his or her seizure," explains Andrews.

For instance, if patients have damage in the left temporal lobe where language is stored, they are under pressure for having a seizure when trying to

Just the facts

Here are some true and false points from Epilepsy Canada.

- True Epilepsy affects about 0.6 per cent of the Canadian population.
- False Someone having a seizure can swallow his or her tongue.

communicate something important; they get overloaded very quickly.

If they know that, they can put it in writing first and discuss it when the pressure is off.

"Vicious cycles have to be broken," she says. "This is what empowers them."

Trevor, now 26, is seizure free and working in sales.

"He has the tools to control his epilepsy and it will be his decision if he is compliant or not," says Nozack.

She and Park are hosting a conference starting this Friday, Oct. 14 at the University of Toronto, to promote the innovative epilepsy treatment that helped their son.

Every day
27 Canadians
are diagnosed
with a brain
tumour.

Symptoms can include:

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Weakness

Personality changes

Morning nausea and vomiting



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Best Health Minute



BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Four foods that fight

breast cancer There are some 23,000 new cases of breast cancer in Canada each year, but what you eat can be an important tool in lowering your risk. Here are some examples, rounded up by registered

dietitian Matthew Kadey.

Mushrooms: A recent study found that higher mushroom intake by premenopausal women resulted in a lower risk of breast cancer. Add them to scrambled eggs and stir fries, and chop them finely and add to ground meat for burgers or meatloaf.

Pomegranate: The seeds

(also called arils) are high in ellagic acid, an antioxidant that may help inhibit breast cancer development. You can garnish oatmeal or rice with the seeds, or add pure pomegranate juice to smoothies or a glass of water.

Lentils: Not only are these budget friendly and really easy to cook with, they are loaded with folate, fibre

and lots of other nutrients that may help stave off breast cancer. Try them in tacos, or toss them with pasta and chopped fresh vegetables for an easy weeknight dish.

Salmon: It's one of the few foods to contain vitamin D in significant amounts, and researchers from Mount Sinai Hospital in Toronto determined

that an increased intake of D is associated with a lower risk of developing breast cancer.

Make tonight's dinner a quadruple disease-fighting punch: Grill a salmon steak and have it with a lentil-pomegranatemushroom stir fry on the

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Featured: French finesse

• Fine dining and local ingredients make for an unforgettable lunch at Rouge

LUNCH RUSH

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The food at Rouge is, in a word: stunning. The dishes lived

up to my high expectations of the restaurant bestowed by S. Pellegrino as one of the world's best 100 restaurants in 2010.

I started with the seasonal soup creation, a roasted cauliflower and

Rouge

1240 8 Ave. S.E. 403-531-2767 rougecalgary.com Reservations: Yes Co-worker lunch: Yes Social lunch: Yes Price range: \$16 - \$20 Rating: 4.5 out of 5



yellow zucchini with scallion oil (\$10). The soup was comforting and gourmet.

The main entree was a seared halibut in seasonal mushroom broth (\$20). The halibut featured a light crust and was perfectly moist and tender. The broth was delicate yet

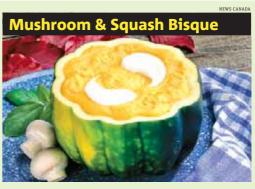
flavourful.

While the service was professional, formal and knowledgable, it tapered off as a large group arrived, which unfortunately meant we ran out of time for dessert.

The subtlety of flavours and textures makes the

dishes impeccable. There is an emphasis on local ingredients, many picked from the onsite garden.

For the quality of food and service you receive, the value is excellent. Just minutes from downtown, visiting Rouge is an absolute must.



Preparation:

In microwaveable bowl combine butter, onion, carrot, mushrooms and squash. Cover; microwave high, 10 mins. or until vegetables tender, stirring once. Transfer half vegetables and half broth to blender; purée until smooth. Repeat with remaining vegetables and broth. Return to bowl; stir in milk and microwave on high 7 mins. or until heated through. Garnish with sour cream swirl and

basil. **NEWS CANADA**

Ingredients:

- 1 tbsp (15 mL) butter
- 1 cup (250 mL) each chopped onion and carrot
- ½ lb (250 g) sliced fresh
- white mushrooms
 2 cups (500 mL) peeled,
- cubed squash
 3 cups (750 mL) chicken
- broth
- 1/2 cup (125 mL) evaporated milk
- 1/2 tsp (2 mL) salt
- Garnish: Sour cream and basil leaves (optional)





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DEAF OR NOT, CONFIDENCE IS THE KEY TO PICKING UP

Dear Andrea and Claire. I'm a good-looking deaf man who enjoys going to pubs and nightclubs. I can't hear or speak clearly, but I can read lips fairly well. Very few women I meet know sign language, but I don't only look for someone who can. When

I go out, I get attention from women, but I'm not able to ask them for a dance or offer to buy a drink. Do you think that women are afraid to talk to deaf men?

Deaf Romeo

Claire: Dear Deaf Romeo, You sound like you have

TWO SISTERS



ANDREA & CLAIRE RELATIONSHIPS@METRONEWS.CA

something that many hearing men don't, and that is courage.

Most of the population finds it hard to meet people in pubs and nightclubs — these are loud, noisy places that don't necessarily bring out the best in people.

Why not try and meet someone while you're doing something you love?

Not only will you increase your chances of meeting a woman with whom you have something in common, but she'll see you at your best, and as an expert at something.

Your deafness may not seem so important once she's seen how well you bowl/rock-climb/paint ...

Please write to us again

and let us know how it goes!

Andrea: Dear Deaf Romeo.

In my experience with the male pick-up artist, appearances and even personality do not determine

success. Deaf or not, the main reason guys fail miserably in meeting women is often due to a lack of confidence.

Guys who are assertive usually get the girl.

And don't forget that a lot of the communication between a man and a woman is transmitted wordlessly.

So perhaps you need to

look at how you see yourself — are you as confident as you would like to be perceived, and how much of a handicap do you see your deafness being? TWO SISTERS, 20-SOMETHING AN-DREA AND 30-SOMETHING CLAIRE. OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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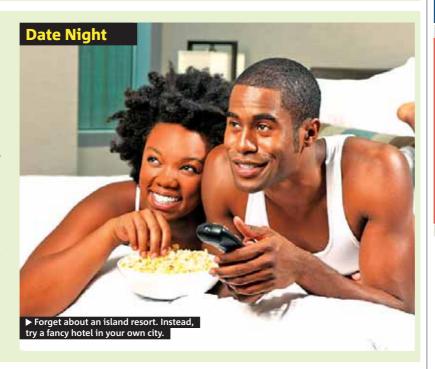
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- Dive in! Can't afford a fancy beach getaway? Pretend at a local hotel. Fancy yourself at that exclusive couples resort by booking a pool day pass at a high-end hotel in your city. Swim, sip cocktails, smooch. Repeat.
- A ducking good time Pick up a loaf of bread at the store and head to your local park to feed the ducks. Your partner's inner child will be out quicker than you can sav "quack"! Also cool: This feel-good date costs next to nothing

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HEALTH AND WELLNESS



You are all invited to join us for Introduction and application of Pranic Healing in different aspects of your life. This talk will be preceded with Meditation on Twin Hearts with Master Pranic Healer Nona Castro on Friday 28th October'2011 7:30 PM in Hotel Acclaim near Calgary airport. This is a great opportunity to learn with Master Nona. This event is open to everyone with \$25 Donation. For details contact us at 403-918-6225.

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Saving for a down paychequing account or hid-

ing cash in a safety deposit box are counterproductive; they earn little to no interest and are too easy to dip into. The best approach is to start saving well in advance using savings vehicles that earn interest, but don't put your funds at risk.

Start thinking about how much you'll need for a down payment. Experts recommend having at least 20 per cent of the home's value. Financial institutions will accept less than 20 per cent down payment but, you'll pay a premium for an insured mortgage through Canada Mortgage and Housing Corporation (CMHC). Check out the insurance rates at cmhc-schl.gc.ca.

Let's say you plan to buy a \$200,000 home in three years and you'd like to save 20 per cent down payment, or \$40,000. There are two savings approaches: first; invest regular monthly amounts by having money automatically transferred from your bank account on payday; or second; invest lump sums each year.

Saving monthly works well when you've got a fixed budget. In this example, you'd need to tuck away \$1,111 per month for 36 months. Saving in lump sum contributions works well when you receive annual bonuses, tax refunds,

Unfortunately there's no easy way to save for a down payment. It takes hard work, determination and frugal living. But, the act of saving helps you form healthy financial habits which you'll need once vou're a home owner.

DOWN RE: PAYMENTS? Find security in cash

ON MONEY

ALISON GRIFFITHS



Canadian market officially in bear territory last week, down 20 per cent for the year,

and global markets not far behind, many investment statements are looking pretty ugly.

Where on earth can we find a safe haven to ride this one out? I have one.

Having a portion of your portfolio in cash investments, like GICs, offers a guaranteed return that helps keep your portfolio afloat. Inside a TFSA or RRSP you won't pay tax on the income.

Because rates are so miserably low it pays to comparison-shop. For example, at my bank brokerage the best rate for a one-year GIC issued by the bank was 0.9 per cent last Friday. But there's a little known alternative called third-party

They are issued by other financial institutions such as credit unions and also available through your brokerage. The top one-year rate I found was 1.75 per cent for an AGF Trust GIC. There is less difference for longer maturities like three and five years.

Treat GICs as a fixed term investment and plan to hold them until they mature, otherwise you will loose some or all of your interest. There are cashable GICs but they offer lower interest rates.

Another option I really like is the only Canadian money market exchange traded fund (ETF.) ETFs are investment products - not

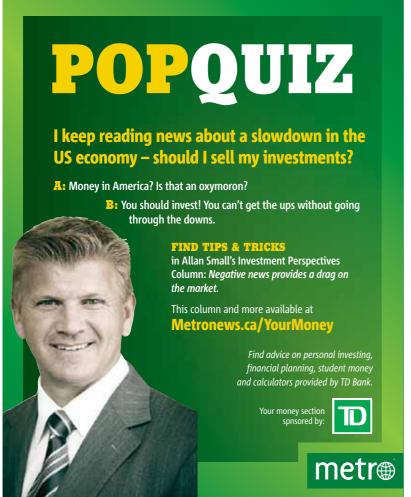


mutual funds — that simply track an index. They are cheap and transparent.

The Claymore Premium Money ETF is listed on the Toronto Stock Exchange, ticker symbol CRM, and has a management fee of just 0.25 percent.

You can set up an automatic purchase plan with Claymore to avoid paying a trading commission with each purchase. Go to claymoreinvestments.ca and click on PACC (pre-authorized cash contribution.)

The current yield on CRM is about 1.1 per cent. Not as good as you'd get from a locked-in GIC but you can make small purchases monthly and the yield will rise in lock step with rates. If you need more information, call Claymore, 866-417-4640. ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOUR-SELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.





Healthcare has exciting, rewarding and flexible career opportunities to fit your lifestyle, SAIT Polytechnic's School of Health and Public Safety is offering the following fast-track programs for January 2012

Train for the critical role of cleaning, packaging, sterilizing, storing and handling of sterile supplies and

HEALTH INFORMATION OFFICE ASSISTANT

Gain the skills necessary to support a health care office, like medical office procedures, medical accounting, physician billing and patient scheduling.

MEDICAL LABORATORY ASSISTANT

Learn to collect, process, and prepare patient specimens, enter data, perform electrocardiograms, and carry out basic laboratory procedures.

PHARMACY ASSISTANT

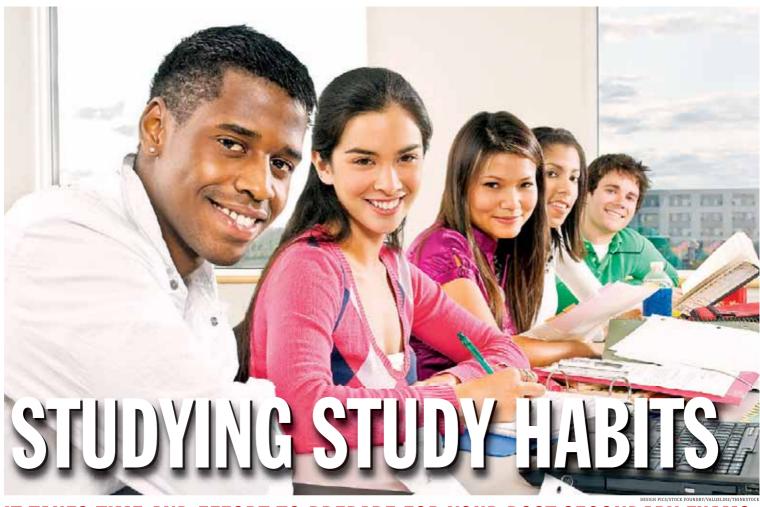
Prepare for a career in a community-based retail pharmacy where you'll receive and prepare prescriptions, manage inventory and work with the public.

SAIT Polytechnic is also offering a PREVENTIVE DENTISTRY MODULE for dental assistants, beginning February 2012.

START YOUR CAREER IN HEALTHCARE TODAY

APPLY NOW AT SAIT.CA OR CALL 403.284.7333 FOR MORE INFORMATION





IT TAKES TIME AND EFFORT TO PREPARE FOR YOUR POST-SECONDARY EXAMS

Many students get the midterm blues because they are overwhelmed by the looming midterm exams.

Jackie Stewart, a chemistry instructor at the University of British Columbia, says the first problem she encounters is students who "can't" learn a subject like chemistry. "They need to have the right attitude and think they can learn the material," she says.

If you struggled in a subject previously, you will

find it difficult in the future — but you will find it harder if you approach with defeat in your eyes.

Next up is the cognitive aspect — how you think about the material. Stewart advises learning what the criteria are for the test or assignment.

Check out the class's learning objectives or sample exams and focus on that material. If that isn't available, just ask the instructor if you are studying

the correct material.

"I see far too many students just reading over their notes or textbooks and thinking, 'I'm ready because I read all of this stuff,' and they weren't actually practising on the same kinds of tests that they're going to be given on the exam," she says.

Connect the new material to what you already know via "concept maps" that brainstorm how, say, electro felicity relates to nuclear felicity.

Summarize the info and then write down everything you know related to the key concept.

The process takes you to understanding from remembering.

MANAGE TIME WISELY

Heather Graham, student academic adviser at Mount Saint Vincent University, says going to university from high school requires developing strong time management skills. "In high school, they're not on their own," she says, because teachers and parents play a bigger support role. At university, you're largely on your own. "We offer a lot of these (time management) sessions for students and they procrastinate and don't go," she says. Sign up today.

The last big step is knowing what you know. "All people are really bad at this," Stewart says.

Look at past tests and take it as evidence of what you don't know. Learning should be plowing into new territory, so you should feel challenged as you study.

Lana Hastings, vice-president of student services at the University of Winnipeg, says its Take Five program urges students to take breaks to avoid burning out.

For the material itself, Hastings advises seeking help. Student associations often offer free tutoring with senior students.

- Jon Tattrie

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FIND YOUR INTERESTS

In her third year of university, Jennifer Caron decided to chuck math for psychology because she loved people so much more than numbers.

Today, as a career counsellor at the University of Western Ontario, she happily advises students about the academic choices they are making.

"I often share with students my story so they don't feel bad," says Caron. "It's not that uncommon for students not to know what they want to do."

Research shows that up to 80 per cent of students aren't sure of what they want to major in as they enter college or university, and at least 50 per cent will change streams at least once, maybe more.

If you are thinking about changing majors you need to do some self-exploration, say academic experts. Aptitude tests, career fairs, info sessions and informational interviews with industry leaders are all valuable tools.

Look to your interests, skills, values and personality when deciding what to study. Hard as it may be, try not to be influenced by peers, past teachers and family. Instead, let your passions drive

"Interest is a good predictor of career satisfaction," says Danica Heidebrecht, an educational counsellor with SAIT Polytechnic in Calgary. "If you follow what you're interested in, you're more likely to stick with it."

LEGACY OF IDEAS

MOUNT ROYAL FOCUSES ON

Mount Royal University and With the Brain in Mind are hosting a two-day International Children's Well-Being Symposium featuring experts from around the world and Mount Royal's Centre for Child Well-Being to discuss proactive solutions for our society's future.

This is the final instalment of Legacy of Ideas - Mount Royal University's signature centennial series, which has featured world renowned speakers including Malcolm Gladwell, Chris Anderson and Vandana Shiva

To end the series, the focus is our future and the role each of us can play in creating a socially conscious, forward thinking society. Calgary community members are invited to add their voice to the discussion. The first day of the symposium will focus on the science behind early childhood development and the foundations needed in the early years to support child wellness.

The second day of the symposium



SYMPOSIUM DATE

The International Children's Well-Being Symposium will be held Oct. 26-27 at Mount Royal University's Roderick Mah Centre for Continuous Learning. Doors open at 7:30 a.m. and the program ends at 4:30 p.m. both days. Tickets are \$225 and \$125 for students, including all meals and refreshments.

will tackle social issues facing youth around the world.

For a complete list of speakers and to purchase tickets, see mtroyal.ca/100.



GAIN BETTER KNOWLEDGE OF TAXES AT H&R BLOCK

Changes to Canadian taxes occur every year and the best way to keep up on these changes is to enrol in one of H&R Block's tax preparation courses.

"Taxes are really boring and really confusing for a lot of people, but after taking these classes, they come out of it with a better understanding," says Cleo Hamel, senior tax analyst with H&R Block.

Designed to accommodate just about anyone's lifestyle, whether it be a stay-athome-parent, a student, a new Canadian, retiree, or just someone looking for a bit of extra income, the tax preparation courses will have you preparing tax returns in no

Along with the ability to complete a tax return, these courses will update on the new tax credits available.

One new tax credit this year is the Children's Arts Credit, similar to the fitness credit that became available a few years



"A lot of families are going to be able to take advantage of that," says Hamel.

Since this tax credit actually began at the beginning of 2011, parents are able to claim any classes or lessons that began in January 2011.

Other new tax credits include examination fees, credits for students studying abroad, ecoENERGY grants, family caregiver credit, volunteer firefighters credit, and medical expenses for other

For a full list of the new tax credits and course information, go to hrblock.ca.

GET MORE WITH A COLLEGE EDUCATION

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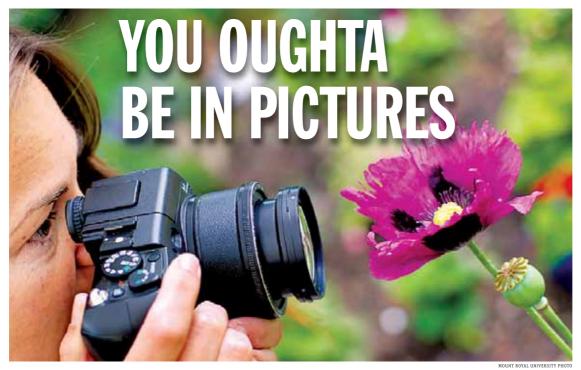
Do more with your life by finding a career that opens up your world, challenges you, and provides a solid financial footing.

LEARN MORE. EARN MORE. DO MORE.

Bow Valley College is a leader in career education – offering more than 50 career programs in Business, Administration, Health, Human Services, and Justice. Bow Valley College helps people from all walks of life finish high school, learn English, and even get more out of life after retirement. We offer programming any time, any place, along any path, and at any pace. Scholarships, awards, and student supports are available along the way. With Bow Valley College, students can learn more, earn more, and do more with their lives.



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MOUNT ROYAL OFFERING SPECIALIZED PHOTOGRAPHY COURSES

Mount Royal University has developed a Photography Certificate program that is bound to click with many shutterbugs.

With many continuing education photography courses selling out, several specialized courses have now been developed and are available as a Photography Certificate of Completion.

"Students express their creativity and acquire practical, hands-on photography skills, including digital photo manipulation as well as shooting photos in a variety of locations and conditions," says Karen McCarthy, spokesperson for Mount Royal University Faculty of Continuing Education and Extension.

The eight classes for the certificate

CERTIFICATES

Mount Royal University also offers introduction courses to photography that are not a part of the Certificate of Completion.

Courses include Introduction to Digital SLR Cameras and Introduction to Compact Digital Cameras.

They also offer a class on how to shoot video with your SLR. The two-day class is offered Nov. 26-27 at a cost of \$199 plus GST.

program are offered either on weekday evenings or full day Saturdays.

and White Photography, Portrait Photography, Sports Photography and Close-up Photography, are usually three classes. Some of the classes involve field trips and follow-up classes.

Once completed, students may go on to entry-level positions at photography studios, camera stores or work as an independent photographer, according to McCarthy.

Students are still welcome to take individual courses if they are just looking to take a specific class.

Fees range from \$189 to \$269 for

Specialized classes, such as Black

"People can still just take the courses that interest them," says McCarthy.

each course.

GET ACTIVE WITH SOCIAL MEDIA

Get social media working for you and your business.

Mount Royal University will begin offering a new program called Social Media Marketing for Business Extension Certificate in January 2012.

"We are hoping that registration will be strong due to the explosion of social media in the marketing field," says Karen McCarthy, spokesperson for Mount Royal University Faculty of Continuing Education and Extension.

Students will work with social media experts to learn how to become an active, collaborative social media contributor and get these tools working for their business or workplace.

"Social media tools have created a two-way conversation between customers and marketers that businesses of all sizes can use to reach their target



audiences," says McCarthy.

McCarthy says completing these courses could lead to an entry-level position in a communications or marketing department.

Certificate courses are \$399 each, but if registering for all five courses at once, students will save 20 per cent off. Class-

MOMENTUM BUILDS

On the heels of a successful one-day social media conference, Mount Royal University is looking to carry that momentum forward to next spring. More than 240 people attended Social Media some of North America's leading experts in social media, including Scott Stratten of UnMarketing.

es begin Jan. 31, 2012, through May 17 on Tuesday and Thursday evenings.

MRU will also be offering special one-day workshops beginning in January that will teach baby boomers how to use Twitter, Facebook, BlackBerrys, iPhones and iPads. These workshops are \$199 plus GST.



MRU ROLLS OUT MANAGEMENT PROGRAMS

It is beyond business as usual for Mount Royal University, as the Faculty of Continuing Education has rolled out several new management certificates for the fall.

"These programs allow managers and those wanting to get into a management role to explore specific aspects of management that important in business today,' says Karen McCarthy, spokesperson for Mount Royal University Faculty of Continuing Education and Extension.

The new management certificates introduced include: Change Management Extension Certificate; Lean Enterprise and Continuous Improvement Extension Certificate; and a newly revised Leadership Development Extension Certificate.

Each certificate offers students the tools they will need to meet the economic and business challenges in today's economy.

McCarthy says the response and enrolment to these new certificates has been good.

'Business people need to keep up with the latest management techniques and develop specialties," says McCarthy.

Courses take place on a Friday and Saturday from 8:30 a.m. until 5 p.m., allowing most students to keep a fairly regular work schedule.

"People can complete these programs without much adjustment to their work schedules," says McCarthy.

Each course is \$459. For more information on these and other courses in Business and Management through Mount Royal University, Faculty of Continuing Education, visit mtroyal.ca/ProgramsCourses/ContinuingEducation/businesstraining.

AIM TO DODGE THE FALL FUNK LEARN ON YOUR

MANY SERVICES AVAILABLE TO BEAT THE MIDTERM BLUES

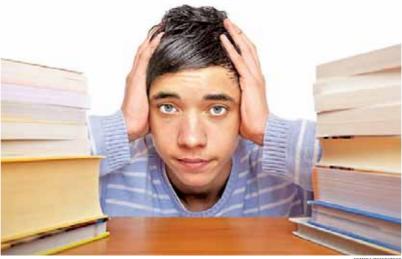
After the rush of frosh week fades and the excitement of a new year on campus turns into the funk of fall, many students lose momentum. But there are ways to beat the

Lana Hastings, vice-president of student services at the University of Winnipeg, says first-year students are especially prone to midterm blues as the pressures of studies, school, volunteer work and even independent living sink in.

"It's not only hard to juggle everything, but it's very hard to keep up your own mental health, physical health and hygiene at the same time. Usually, one thing drops," she says.

A good first step to get back into the game is to check out the myriad services you are already paying for with your tuition. "There is a lot of support on campus that can help them through this," Hastings says. "One obvious example is counselling and career services."

The free drop-in service connects students with peers and professionals to



help talk through any particular areas they are struggling with and outline solutions.

Financial aid and food banks are available if that's what's causing your emotional downturn, and many campuses offer childcare to ease that burden.

Another big factor in the fall slump is the sense you have been working for ages and the end is not in sight.

Instructors and students can combat this with a thorough review of what has been taught so far and having an open conversation to gather students' opinions about the material covered.

Find out what students are struggling with so the classes can be tailored to address existing weaknesses, rather than going over what is already understood.

The University of Alberta has a radical approach to beating the midterm blues: Massive games of dodge ball. To tackle the slump in February, 2,012 students, staff and alumni faced off with 1,006 balls in the world's largest match.

Founded in 1970 and operating as a comprehensive academic and research institution, Athabasca University is a public, board-governed, open and distance online university serving more than 38,000 students, including more than 7,700 full-time program students, throughout Alberta, across Canada and around the world.

AU offers more than 800 courses and programs leading to graduate and undergraduate degrees, certificates and diplomas in the humanities, the social sciences, the sciences, technology, business and the health disciplines.

AU's philosophy of open education is to remove geographical, financial, social and cultural barriers that traditionally limit access to postsecondary achievement.

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High School Diplomas are not required to enter a program at Columbia College.

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H&R Block knows taxes and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and

Classes begin mid-Oct. You may choose between morning, afternoon and evening sessions. Applicants need only the willingness to learn about taxes.

The tuition cost covers the complete course, including textbooks, all materials, reference guides and registration.

Full details are as close as your phone. Just call for complete details on class locations, starting dates, tuition, etc.

Tax Training School begins October 12, 2011.

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.



Enrollment restrictions may apply, Enrollment in, or completion of the H&R Block Tax Training School is neither an offer nor guarantee of employment. © 2011 H&R Block Canada, Inc.



BOW VALLEY BREWS UP TEA SOMMELIER CERTIFICATE

Calgary tea lovers can now unite somewhere other than a coffee or tea shop.

Bow Valley College is answering the cry of tea lovers by offering a new certificate program with the leafy lovers in

mind. "If you love tea, this course is for you," says Jocelyn Kabatoff, leisure learning officer at Bow Valley College.

"The courses in the Tea Sommelier Certificate offer tea lovers an opportunity to learn, in a hands-on manner, about different tea types, how they're best prepared and even menu design and food pairing."

Students will get the opportunity to

COURSE CHOICES

The following courses are available in Bow Valley College's Tea Sommelier Certificate: Tea 101 — Introduction to Tea; Tea 102 — Regions of the World; Tea 103 — Tea Sensory Development and Evaluation; Tea 104 — Tea Types; Tea 105 — Tea Garden Management; Tea 106 — Preparation and Consumption; Tea 107 - Menu design and Food pairing; Tea 108 — Tea Service Training.

experience a complete exploration of tea, from history, to growing regions and the way different leaves are produced and brewed, while tasting tea as they go.

"Along with developing their palette for tea, students will have an opportunity to taste teas from tea growing regions around the world, as well as learn how to professionally cup, taste and blend teas," says Kabatoff.

The courses are designed for people in a hospitality career or for individuals who just love tea.

Partnering with the Tea Association of Canada, this course is a part of the Better Life Series at Bow Valley College.

Classes will begin in January 2012.

RIGHT PRESCRIPTION

TAKE PHARMACY DIPLOMA AT BOW

With new legislation to the Health Professions Act coming into effect in July 2011, Bow Valley College wants to make sure future pharmacy technicians get the proper education.

Bow Valley College's Pharmacy Technician Diploma curriculum has been designed to reflect these new legislations and pharmacy practices, preparing students for this exciting career.

"This program has excellent pharmacist and pharmacy technician instructors with a wealth of experience and specialized education to bring current practice into the classroom," says Crystal Lane, program co-ordinator, Allied Health.

Pharmacy technicians are now required to graduate from accredited programs, pass a national certification exam administered by the Pharmacy Examining Board of Canada, and register with the Alberta College of Pharmacists.

They will also have to carry their own liability insurance, says Lane.

The Pharmacy Technician Diploma



is a 14-month program that is nationally accredited by the Canadian Council for Accreditation of Pharmacy
Programs and has a reputation for producing "dispensary-ready graduates," according to Lane.

"Students are exposed to current equipment and technology found in the actual workplace to ensure a smooth transition upon graduation," says Lane.

This program has been aimed at students completing high school or to individuals looking for a new profession.

"This exciting program is truly unique with small class sizes that promote individual attention and encourage hands-on learning," says Lane.

PR TELLS STORY OF A COMPANY

Bow Valley College wants you to take those used or unused first-year post secondary credits and turn them into an exciting career in public relations

Starting in August 2012, Bow Valley College will be offering a oneyear Public Relations Diploma to those students who have already received 30 post-secondary credits.

"This diploma will offer a unique opportunity for individuals with previous post-secondary education to prepare themselves for a new career in public relations in less than a year," says Beverley DeSantis, program co-ordinator Business & Industry for Bow Valley College.

In partnership with Grant
MacEwan University, this program is
offered as a second-year diploma,
where students can apply credits
earned at other post-secondary institutions for the first year to gain
entrance into the program at Bow
Valley College to complete the Public



BOW VALLEY COLLEGE PHO

Relations Diploma in only one year.

"Obviously the ability to utilize

"Obviously, the ability to utilize previous educational experiences is a huge incentive for prospective students," says DeSantis.

Public Relations Diploma graduates may apply their credits to a degree such as a Bachelor of Communications.

"Public relations tells the story of the company — the why and benefit — most employers feel this is a critical component of their ongoing success and growth," says DeSantis.

After five years of career experience, graduates from this diploma may also pursue one of the two professional designations, says DeSantis.

COLUMBIA GOES TO HEAD OF THE CLASS



Columbia College kicked off its 2011 fall semester with a bang when it was announced it received an above average score in student engagement, according to a recent survey.

"We are immensely proud of these

results," says Dr. J.T. (Tom) Snell, president, Columbia College.

"They provide clear evidence of the quality of our education and the high calibre of our faculty and staff."

The Community College Survey of Stu-

dent Engagement study, conducted by University of Texas, looked at most two-year public and private colleges in the United States and a number of Canadian colleges.

Columbia College scored above average in all five measures of student engagement,

COLLEGE MARKS 25TH ANNIVERSARY

Columbia College is celebrating its 25th anniversary and wishes to attract more mature and focused learners through smaller classes, accelerated program delivery and dedicated faculty and staff. Most of Columbia's professional programs are recognized as the first two years of university and a select group of programs have transfer agreements with universities such as Mount Royal University, Athabasca University and Royal Roads University in Victoria.

but scored in the top 10 per cent of North American colleges in academic challenge and active collaborative learning.

"Being in the top 10 per cent of colleges in North America in two of the five critical measures is gratifying and we will continue to improve our programs with a goal of achieving the top 10 per cent in all five measures," says Snell.

Although Canadian colleges are not required to participate in this survey, Snell says it is an important tool in helping Columbia College to recognize areas that may need improvement.



ACADEMY OF LEARNING PHO

SECURE THAT DREAM JOB NOW

ACADEMY OF LEARNING OFFERS DIPLOMAS IN LESS THAN ONE YEAR

Today's students want a quick education with quality — the Academy of Learning offers both.

"Our graduates are able to find jobs in the careers they dreamed about when they came to us, while the dream is still fresh," says Charles Jarvis, operations manager of the Academy of Learning.

The Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

"Our year-round intake and less-than-ayear diploma programs produces qualified, job-ready graduates to meet industry needs," says Jarvis.

Understanding the importance of getting back out in the workforce quickly, the Academy of Learning gives students the credentials, skills and expertise they need to find jobs in today's economy.

"Academy of Leaning's learning environment with our unique Integrated

Learning System is both accommodating and effective, offering hands-on, self-paced learning," says Jarvis.

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SATURDAY OCT. 29, 2011

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sports

Quoted



"The gap is so significant that we just can't bridge it at this time. We certainly hoped it would never come to this."

NBA COMMISSIONER DAVID
STERN, AFTER CANCELLING
THE FIRST TWO WEEKS OF
THE SEASON YESTERDAY. THE
LEAGUE AND PLAYERS'
ASSOCIATION MET FOR MORE
THAN SEVEN HOURS
YESTERDAY WITHOUT
PROGRESS TOWARDS A NEW
COLLECTIVE BARGAINING
AGREEMENT. STERN WARNED
PLAYERS AND FANS THAT THE
CUTS MAY JUST BE THE

Bowled over by the Blues

Calgary head coach Sutter holds closed-door meeting after loss • 'We just need to find our game,' says captain Iginla • Flames' Karlsson starts ahead of Kiprusoff, stops 30 shots in loss



After a slow and inauspicious beginning, the St. Louis Blues finally found their legs.

And when they did, the ice felt like it was tilted downward, according to Andy McDonald.

"Maybe the first 10 (minutes), we really didn't have our game," McDonald said after the Blues defeated the Calgary Flames 5-2 yesterday. "We got it turned around and there were a lot of good things tonight. We had four lines rolling and we seemed to get some momentum in the offensive zone and keep up with the changes."

Alex Pietrangelo had a goal and an assist, Alex Steen, Chris Stewart, Kevin Shattenkirk and Jason Arnott scored goals, and McDonald added a pair of assists for the Blues, who got 15 saves from Jaroslav Halak.

Curtis Glencross and Jarome Iginla scored for the Flames, who have dropped their first two games of the season. Henrik Karlsson started instead



of Miikka Kiprusoff and stopped 30 shots.

"(Kiprusoff's) not going to play 75 games this year because that's what you guys expect from him," said Flames coach Brent Sutter. "He's not going to play that much this year and we want to get Karl going right off the bat here."

The Blues outshot the Flames 35-17.

Calgary grabbed the early lead on Glencross's second goal of the season, skating into the high slot

Two of the four alltime active goals leaders were on the ice yesterday. Third on the list is Iginla (485) and fourth is Arnott (401).

and beating Halak with a shot that deflected off a stick 8:03 into the game.

The Blues got the equalizer with 1:09 left in the first on Steen's first goal of

the season. Steen followed Jason Arnott's one-timer and beat Karlsson on the doorstep for his third career goal in 15 games against the Flames.

The Blues got goals from defencemen Shattenkirk and Pietrangelo to take a 3-1 lead in the second period.

Iginla knocked in his first of the season and 27th in 57 career games against St. Louis on a power play at 16:55 in the second to cut the Blues' lead to 3-2, but that was as close as Calgary

would get before Stewart and Arnott put the game out of reach in the third.

Iginla said the Flames can't worry about being 0-2.

"It's disappointing, but I think more than just a win, we need to find our game and to get our compete level up," Iginla said. "Tonight, we got outcompeted and outworked. So it's more than just the 0-2. We just need to find our game."

THE ASSOCIATED PRESS



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Last night

Nelson Cruz hit the first game-ending grand slam in post-season history, lifting the Texas Rangers over the Detroit Tigers 7-3 in 11 innings for a 2-0 lead in the AL championship series.

- ► Game 3 is tonight in Detroit. Colby Lewis, 4-0 in five career post-season starts, pitches for the defending AL champion Rangers against Doug Fis-
- Albert Pujols had one of the biggest post-season nights of his career in Game 2 of the NL championship series, going 4 for 5 with a home run, three doubles and five RBIs as the St. Louis Cardinals beat the Milwaukee Brewers 12-3.

THE ASSOCIATED PRESS





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NATIONAL HOCKEY LEAGUE **EASTERN CONFERENCE** GP W L OTL Pts Last 10 Strl 0-0-0-0 2-0-0-0 2-0-0-1 0-0-0-0 d-Pittsburgl 10 10 2-0-0-1 2-0-0-0 d-Washington d-Buffalo 0 0 1-0-0-0 1-0-0-0 2-0-0-0 0-0-0-0 2-0-0-0 2-0-0-0 2-0-0-0 Philadelphia 0-0-0-0 2-0-0-0 W2 Tampa Bay 11 11 0-0-0-0 1-1-0-1 1-1-0-1 L2 Florida Montreal 0-0-0-0 0-0-0-0 1-0-0-0 1-1-0-0 New Jersey 1-1-0-0 0-0-0-0 1-1-0-0 NY Islander 1-1-0-0 0-0-0-0 1-1-0-0 0-0-1-1 0-0-1-1 L2 L1 2 1-2-0-0 Boston 1 2 0-0-0-0 1-2-0-0 Carolina 0 13 0-1-0-0 0-1-1-0 0-2-1-0 L3 0 0-0-0-0 0-2-0-0 L1 L2 0-2-0-0 Ottawa 0-0-0-0 **WESTERN CONFERENCE** GP W L OTL SL GF GA Pts Last 10 Strk 1-0-0-0 2-0-0-0 1-0-0-0 0-1-0-0 2-0-0-0 2-1-0-0 d-Dallas d-Vancouve 0-0-0-1 1-0-0-1 1-0-0-1 W1 Nashville 0-0-0-0 2-0-0-0 2-0-0-0 San Jose 1-0-0-0 Edmontor 1-0-0-0 1-0-0-0 St Louis 1-1-0-0 0-0-0-0 1-1-0-0 W1 0-1-0-0 1-1-0-0 1-1-0-0 Chicago 1-0-0-0 0-1-0-0 L1 Minnesota

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout$ receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

10 10

Yesterday's results

Los Angeles

Colorado

Phoenix

Vancouver 3 Columbus 2 St. Louis 5 Calgary 2 Colorado 1 Boston 0 Dallas 2 Phoenix 1 (SO) New Jersey 4 Carolina 2 N.Y. Islanders 2 Minnesota 1

0

1

Washington 6 Tampa Bay 5 (SO) Sunday's results

Edmonton 2 Pittsburgh 1 (SO) Montreal 5 Winnipeg 1

Saturday's results

Toronto 6 Ottawa 5 Pittsburgh 5 Calgary 3 Boston 4 Tampa Bay 1 Chicago 5 Dallas 2 Detroit 3 Colorado 0 Florida 2 N.Y. Islanders 0

Minnesota 4 Columbus 2 Nashville 4 St. Louis 2 Philadelphia 3 New Jersey 0

San Jose 6 Phoenix 3 Washington 4 Carolina 3 (OT) At Rerlin

Buffalo 4 Los Angeles 2 At Stockholm

Anaheim 2 N.Y. Rangers 1 (SO) Tonight's games

All Times Eastern Florida at Pittsburgh, 7 p.m. Minnesota at Ottawa, 7:30 p.m.

Tomorrow's games Colorado at Columbus, 7 p.m Vancouver at Philadelphia, 7:30 p.m. Boston at Carolina, 7:30 p.m.

BLUES 5. FLAMES 2

1-1-0-0

1-0-0-0 0-1-0-0

0-0-0-0

0-1-0-0 0-2-0-0

0-0-0-0

0-1-0-0

1-0-0-0

0-1-0-1

0-1-0-0 0-1-0-0

1-1-0-0 1.1

1-1-0-0

0-1-0-1

0-2-0-0 0-3-0-0

First Period

1. Calgary, Glencross 2 (Jokinen, Stempniak) 8:03 2. St. Louis, Steen 1 (Arnott, D'Agostini) 18:51 Penalties — Iginla Cal (high-sticking) 3:24, Iginla Cal (high-sticking) 19:20.

3. St. Louis, Shattenkirk 1 (Langenbrunner, McDonald) 3:39

4. St. Louis, Pietrangelo 1 (Berglund, Oshie) 15:30 5. Calgary, Iginla 1 (Giordano, Tanguay) 16:55 (pp) Penalties — Giordano Cal, Langenbrunner StL (roughing) 8:37, Shattenkirk StL (high-stick-ing) 10:44, Nikitin StL (tripping) 16:36.

6. St. Louis, Stewart 1 (Pietrangelo) 3:44 7. St. Louis, Arnott 2 (McDonald) 14:22 Penalties - Reaves StL (interference) 2:33.

Moss Cal (tripping) 3:23, Glencross Cal (slash-Shots

St. Louis 12 13 10 Goal — Calgary: Karlsson (L,0-1-0); St. Louis Halak (W,1-1-0). Power plays (goals-chances) — Calgary: 1-3; St. Louis: 0-3. **Referees** — Gord Dwyer, Stephen Walkom.

Linesmen — Jay Sharrers, Darren Gibbs. Attendance - 19,150 (19,150) at St. Louis, Mo

SCORING LEADERS

	G	Α	P
Kessel, Tor	3	2	5
Legwand, Nash	2	3	5
Vanek, Buf	2	3	5
Letang, Pgh	1	4	5
Skinner, Car	1	4	5

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES (Best-of-7)

All Times Eastern

AMERICAN LEAGUE

TEXAS (W) VS. DETROIT (C) Yesterday's result

Texas 7 Detroit 3 (11 inn.) Texas 3 Detroit 2

Thursday's game

Tonight's game Texas (Lewis 14-10) at Detroit (Fister 11-13), 8:05 p.m.

Tomorrow's gam Texas (Harrison 14-9) at Detroit (Porcello 14-9), 4:19 p.m.

x-Texas at Detroit (Verlander 24-5), 4:19 p.m. Saturday, Oct. 15

x-Detroit (Scherzer) at Texas, 8:05 p.m. Sunday, Oct. 16

x-Detroit (Fister) at Texas, 8:05 p.m.

NATIONAL LEAGUE

MILWAUKEE (C) VS. ST. LOUIS (WC) (Series tied 1-1)

Last night's result

Sunday's result

Milwaukee 9 St. Louis 6

Tomorrow's game
Milwaukee (Gallardo 17-10) at St. Louis (Carpenter 11-9), 8:05 p.m.

Thursday's game
Milwaukee (Wolf 13-10) at St. Louis (Lohse 14-8), 8:05 p.m.

Friday's game x-Milwaukee at St. Louis, 8:05 p.m.

Sunday, Oct. 16 x-St. Louis at Milwaukee, 4:05 or 8:05 p.m. Monday, Oct. 17

x-St. Louis at Milwaukee, 8:05 p.m.

RANGERS 7, TIGERS 3 (11 INN.)

÷	Detroit	ab	r	h	bi	Texas	ab	r	h	b
÷	AJcksn cf	4	0	0	0	Kinsler 2b	5	0	0	(
÷	RSantg 2b	6	0	2	0	Andrus ss	3	1	1	(
÷	DYong If	4	0	0	0	JHmltn cf	5	1	2	1
÷	Kelly rf-3b	2		2	0	MiYong dh	5	1	1	(
÷	MiCarr 1b	5	1	1	0	ABeltre 3b	5	1	3	1
÷	VMrtnz dh	4	1	0	0	Napoli c	4	1	1	(
ŧ	Raburn rf-lf	3	1	1	3	N.Cruz rf	4	2	3	5
ŧ	JhPerIt ss	4	0	1	0	DvMrp If	4	0	0	(
i	Avila c	5		1		MorInd 1b	4	0	0	(
ŧ	Inge 3b	1	0	0	0					
ŧ	Dirks ph-rf	2	0	0	0					
i	Totals	40	3	8	3	Totals	39	7	11	7
ŧ	Detroit			0	103	000 000	00-	-3		
ŧ	Texas				200	000 100	04-	-7		
٠	Min and a colo				:	viin ecorod				

No outs when winning run scored. E—Moreland (1). DP—Detroit 2. LOB—Detroit 13, Texas 6. 2B—Kelly (1), Mi.Cabrera (1), Jh.Peralta (1), J.Hamilton (1), A.Beltre 2 (2), N.Cruz (1),

HR-Raburn (1), N	V.Cruz 2	(3).	S—JI	h.Pera	lta, Ir	nge.
Detroit	IP	Н	R	ER	BB	Š0
Scherzer	6	6	3	3	1	6
Coke	2-3	0	0	0	0	1
Benoit	11-3	0	0	0	1	0
Valverde	2	1	0	0	1	0
Perry L,0-1	0	4	4	4	0	0
Texas						
D.Holland	22-3	4	3	3	4	0
Feldman	41-3	1	0	0	0	4
Ogando	12-3	1	0	0	0	2
M.Gonzalez	0	1	0	0	0	0
Feliz	11-3	0	0	0	2	0
M.Adams W,1-0	1	1	0	0	0	2

T-4:25. A-51,227 (49,170) at Arlington, Texas.

NFL

WEEK FIVE

EAST						
	W	L	Т	Pct	PF	P/
Buffalo	4	1	0	.800	164	120
New England	4	1	0	.800	165	11
N.Y. Jets	2	3	0	.400	121	12
Miami	0	4	0	.000	69	104
SOUTH						
	W	L	Т	Pct	PF	P/
Houston	3	2	0	.600	127	9
Tennessee	3	2	0	.600	105	9
Jacksonville	1	4	0	.200	59	11
Indianapolis	0	5	0	.000	87	13
NORTH						
	W	L	T	Pct	PF	P/
Baltimore	3	1	0	.750	119	5
Cincinnati	3	2	0	.600	110	9
Pittsburgh	3	2	0	.600	102	8
Cleveland	2	2	0	.500	74	9
WEST						
	W	L	Т	Pct	PF	P/
San Diego	4	1	0	.800	120	10
Oakland	3	2	0	.600	136	13
Kansas City	2	3	0	.400	77	15
Denver	1	4	0	.200	105	14

NATIONAL CONFERENCE

NORTH

EAST							Sask — Single Milo 50 11:43 Fourth Quarter
	W	L	Т	Pct	PF	PA	Edm — Single Duval 52 4:04
Washington	3	1	0	.750	83	63	Edm — Single Duval 55 11:10
N.Y. Giants	3	2	0	.600	127	123	Saskatchewan 0 0 1
Dallas	2	2	0	.500	99	101	Edmonton 0 12 3
Philadelphia	1	4	0	.200	125	132	Attendance — 38,054 at Edmonton
SOUTH							ALOUETTES 29. ARGONA

W	L	Т	Pct	PF	PA
4	1	0	.800	157	125
3	2	0	.600	87	125
2	3	0	.400	104	130
1	4	0	.200	116	132
	•••	4 1 3 2	4 1 0 3 2 0 2 3 0	4 1 0 .800 3 2 0 .600 2 3 0 .400	4 1 0 .800 157 3 2 0 .600 87 2 3 0 .400 104

	W	L	Т	Pct	PF	PΑ
Green Bay	5	0	0	1.000	173	111
Detroit	5	0	0	1.000	159	89
Chicago	2	3	0	.400	107	122
Minnesota	1	4	0	.200	111	106

	W	L	Т	Pct	PF	PA
San Francisco	4	1	0	.800	142	78
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	4	0	.000	46	113

Bves: Baltimore, Cleveland, Dallas, Miami, St. Louis, Washington

Last night's result Detroit 24 Chicago 13 Sunday's results

Buffalo 31 Philadelphia 24 Cincinnati 30 Jacksonville 20 Green Bay 25 Atlanta 14 Kansas City 28 Indianapolis 24 Minnesota 34 Arizona 10 New England 30 N.Y. Jets 21 New Orleans 30 Carolina 27 Oakland 25 Houston 20 Pittsburgh 38 Tennessee 17 San Diego 29 Denver 24 San Francisco 48 Tampa Bay 3 Seattle 36 N.Y. Giants 25

CFL

WEEK 15

EAST DIVISION **GP W L T PF PA Pt** 14 9 5 0 350 326 18 14 9 5 0 435 342 18 x-Winnined x-Montrea Hamilton 14 7 7 0 395 389 14

Ioronto	14	3	11	0	282 400	6					
WEST DIVISION											
	GP	W	L	Т	PF PA	Pt					
x-B.C.	14	8	6	0	400 304	16					
x-Calgary	14	8	6	0	395 381	16					
x-Edmonton	14	8	6	0	329 318	16					
Saskatchewan	14	4	10	0	276 402	8					

Saskatchewan x — clinched playoff berth.

Edmonton 17 Saskatchewan 1 Montreal 29 Toronto 19 Saturday's result B.C. 33 Calgary 31

Friday's result Winnipeg 33 Hamilton 17

ESKIMOS 17, ROUGHRIDERS 1

First Quarter No Scoring

Edm — FG Duval 32 0:12

Edm — Safety Milo concedes 3:48 Edm — TD Messam 51 run (Duval convert) 11:18

Third Quarter Edm - FG Duval 19 5:34

0 -1 2 -17

DNAUTS 19

First Quarter

Mtl — FG Whyte 28 4:25 Tor — FG Prefontaine 36 9:58

Tor — TD Owens 58 punt return (Prefontaine convert) 11:22

Mtl - FG Whyte 33 6:13

Tor - FG Prefontaine 35 10:35

Mtl – TD McPherson 5 run (Whyte convert) 13:23

Tor – FG Prefontaine 48 15:00

Third Ouarter

Mtl — Safety Jyles sacked in end zone 6:16 Mtl — TD Calvillo 19 run (Whyte convert) 10:37 Tor - FG Prefontaine 18 13:36

Mtl — TD Richardson 50 pass from Calvillo

(Whyte convert) 15:00 Fourth Quarter

No Scoring.

10 6 3 3 10 16 Attendance - 23,960 at Montreal

SCORING LEADERS

	TD	C	FG	S	Pts
Whyte, Mtl	0	44	35	10	159
McCallum, BC	0	38	37	5	154
Medlock, Ham	0	41	34	4	147
Palardy, Wpg	0	32	32	5	133
Paredes, Cal	0	36	25	5	116
Prefontaine, Tor	0	20	29	5	112
Duval, Edm	0	19	18	18	91
Richardson, Mtl	11	0	0	0	66
Schiavone, Edm	0	9	13	2	50
Cobourne, Ham	8	0	0	0	48
T.Edwards, Wpg	8	0	0	0	48
Getzlaf, Sask	8	0	0	0	48
Q.Porter, Ham	8	0	0	0	48

TENNIS

ATP SHANGHAI ROLEX MASTERS

At Shanghai, China Singles — First Round

Guillermo Garcia-Lopez, Spain, def. Somdev Dewvarman, India, 6-4, 6-3.
Albert Montanes, Spain, def. Mikhail Kukushkin, Kazakhstan, 6-2, 5-7, 7-6 (5).
David Nalbandian, Argentina, def. Ernests Gulbis, Latvia, 7-5, 6-4.
Bernard Tomic, Australia, def. Kevin Anderson, South Africa, 7-6 (5), 6-7 (4), 6-3.
Grigor Dimitroy, Bulgaria, def. Marsel Ilhan, Turkey, 2-6, 6-1, 6-4.
Matthew Ebden, Australia, def. Pablo Andujar, Spain, 6-4, 6-4.
Andy Roddick (10), U.S., def. Lu Yen-Hsun, Taiwan, 6-2, 3-6, 6-2. Guillermo Garcia-Lopez, Spain, def. Somdey

Taiwan, 6-2, 3-6, 6-2.
Tommy Robredo, Spain, def. Stephane Bohli, Switzerland, 7-6 (3), 7-6 (4).
Donald Young, U.S., def. Gong Mao-Xin, Chi-

Fernando Verdasco (16), Spain, def. Li Zhe,

Fernando Verdasco (16), Spain, def. Li Zhe, China, 6-2, 6-2. Juan Carlos Ferrero, Spain, def. Mikhail Youzhny, Russia, 7-6 (4), 6-4. Santiago Giraldo, Colombia, def. Ivan Dodig, Croatia, 1-6, 6-3, 6-4. Doubles — First Round

Doubles — First Round
Marcel Granollers, Spain, and Viktor Troicki,
Seriel, def. Mark Knowles, Bahamas, and Lukasz
Kubot, Poland, 2-6, 7-6 (5), 10-7 tiebreak. Oliver Marach, Austria, and Janko Tipsarevic, Serbia, def. Alex Bogomolov Jr. and Rajeev Ram, U.S., 6-2, 4-6, 11-9 tiebreak. Simone Bolelli and Fabio Fognini, Italy, def. Wu Di and Zhang Ze, China, 6-4, 6-4.

WTA HP JAPAN OPEN

At Osaka, Japan Singles — First Round

Tamarine Tanasugarn, Thailand, def. Christina McHale (8), U.S., 6-3, 7-5.
Misaki Doi, Japan, def. CoCo Vandeweghe, U.S., 6-4, 6-4

U.S., 0-4, 0-4. Eleni Daniilildou, Greece, def. Anastasia Pivo-varova, Russia, 6-2, 6-2. Mathilde Johansson, France, def. Irina Fal-

Coni, U.S., 6-3, 6-2.
Chanelle Scheepers (7), South Africa, def. Alla Kudryavtseva, Russia, 6-2, 6-2.
Marion Bartoli (2), France, def. Melinda Czink,

Hungary, 6-2, 6-2.

Doubles — First Round
Kimiko Date-Krumm, Japan, and Zhang Shuai
(4), China, def. Shuko Aoyama and Kotomi
Takahata, Japan, 6-4, 6-7 (2), 10-8 tiebreak.
Jarmila Gajdosova, Australia, and Angelique Jarmila Gajdosova, Austraina, and Angeitque Kerber, Germany, def. Chan Yung-jan and Chan Hao-ching, Taiwan, 7-5, 5-7, 10-8 tiebreak. Chan Chin-wei, Taiwan, and Han Xinyun, Chi-na, def. Chang Kai-chen, Taiwan, and Jill Cray-bas, U.S., 6-0, 6-1.

WTA GENERALI LADIES LINZ

At Linz, Austria
Doubles — First Round

Doubles — First Round
Marina Erakovic, New Zealand, and Elena Vesnina (4), Russia, def. Tamira Paszek, Austria,
and Lucie Safarova, Czech Republic, 6-4, 6-2.
Anabel Medina Garriques, Spain, and Anastasia Pavlyuchenkova, Russia, def. Ekaterina
Makarova, Russia, and Alícja Rosolska, Poland,
6-2, 4-6, 10-6 tiebreak.
Julia Goerges and Anna-Lena Groenefeld, Germany, def. Nina Bratchikova, Russia, and Dariia

many, def. Nina Bratchikova, Russia, and Darija Jurak, Croatia, 1-6, 7-6 (4), 11-9 tiebreak. Liga Dekmeijere, Latvia, and Petra Martic, Croatia, def. Kateryna Bondarenko, Ukraine, and Klaudia Jans-Ignacik, Poland, 6-4, 6-2. Iveta Benesova and Barbora Zahlavova Strycova (3), Czech Republic, def. Patricia Mayr-Achleitnei (S), Czech Republic, del. Patricia Mayl-Achienter and Yvonne Meusburger, Austria, 6-3, 6-2. Alberta Brianti and Sara Errani, Italy, def. Natalia Grandin, South Africa, and Vladimira Uhlirova (2), Czech Republic, 7-6 (8), 6-7 (4), 10-4 tiebreak.



12

15

18

30

33

45

48

24 25

39

4 Mouth, slangily

5 Implied

7 Chum

6 Thick chunk

8 Capricious

10 Elliptical

11 Faxed or emailed

16 Pressing need?

21 Governmental

9 Employ

20 "Help!"

22 Payable

23 Branch

40

Crossword

Across

- 1 Sculpting medium 5 1/6 fl. oz.
- 8 "- on first?"
- 12 Tittle 13 — carte
- 14 Apiary structure
- 15 Jungle-like
- 17 Persia, now
- 18 Shrill bark
- 19 Cage component
- 20 Refine ore 21 Cauldron
- 22 Two, in Tijuana
- 23 Chef's garb
- 26 Broadway presentation
- 30 Authentic
- 31 14-Across dweller
- 32 "The Da Vinci —"
- 33 Like sorcery 35 "Humpty Dumpty
- a wall'
- 36 Yank
- 37 Aviv lead-in
- 38 Denude
- 41 Dopey companion?
- 42 "I Camera"
- 45 Ice cream shop
- 46 Upright
- 48 Sills solo
- 49 Type measures
- 50 Bride's conceal-
- ment 51 Think (over)
- 52 Sticky stuff
- 53 Whirling water

- 1 Urban area
- 2 Actress Loughlin

- 24 Pod occupant 25 Tatter
- 26 Funnyman Brooks

28 Commotion

29 Author Deighton 31 Satchel

46

49

52

13

16

19

34

14

17

32

50

53

► Friday's answer

43

35

cret"

22

41

34 Coffee holder

27 Barracks bed

- 35 Denomination
- 37 Human trunk 38 Con game
- 39 Via. for short
- 40 Disturb 41 Showroom sample
- 42 Scored 100 on 43 Hotel staffer
- 44 Partner in crime

46 — out (relax) 47 "— Got a Se-

For today's crossword answers and for expanded horoscopes, ao to metronews.ca 21 No one expects you to be per-

fect, so don't expect it of yourself. You may have to hold up your hand and admit you made a mistake, but what of it?

り Capricorn Dec. 22-Jan. 20 You will have to deal with other people's bullying tactics today.

Aquarius Jan. 21-Feb. 18 Do not allow minor events to upset vou emotionally. Surround vourself with happy people.

H Pisces Feb. 19-March 20. If you splash out on a whim now you are sure to regret it when the bills come due at the end of the month. SALLY BROMPTON

Sudoku

2			9	4				1
	4					3	2	
	9			2	7			8
					1			7
		7				6		
8			5					
3			6	1			8	
	1	2					5	
5				3	4			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

5	1	4	8	7	3	9	6	2
8			2					
9	6	2	4	1	5	7	3	8
6	8							
2	7		3					
1	4							
4	5		7					
7	9	6	5 1	4	8	3	2	1
3	2	8	1	6	9	5	4	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Thank you for such a beautiful weekend. You know, when you asked me what I was most thankful for, I made a stupid joke.. but the truth is, what I'm most thankful for more than anything, is our love. It will flourish for as long as the second hand ticks. You are mine for all of time.

FROM YOUR GUY

Matt

I still think about you all the time. I hope I get to see you on Monday if not have a good Thanksgiving. FROM R

O hi Happy dolphins n rainforests said hi to you:):) LOL..look after yourself pl. Thanks for being so wonderful

FROM CHEERS

A look at the weather

TODAY

Min 1° Max 14° WEDNESDAY Min 5° Max 12°

THURSDAY Min 1° Max 11°

Andrew Schultz. Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30 A.M.



Today's horoscope

T Aries March 21-April 20 Some people believe that might makes right, but you know better.

Taurus April 21-May 21 The important thing now is knowing when to work with other people when to work against them. II Gemini May 22-June 21 You

could win big today, but you could iust as easily lose everything. Think before you act. Gancer June 22-July 22 Employers and other important peo-

ple can see you mean business. Leo July 23-Aug.23 You will be easily provoked today, especially if you think that someone is taking liberties at your expense.

MV Virgo Aug. 24- Sept. 22 Stick to your principles, even if by doing ou lose out financially.

← Libra Sept. 23-Oct. 23 Some in dividuals will be difficult to get along with today but you can make things easier for yourself by refusing to get involved in fights or feuds that serve no purpose.

M Scorpio Oct. 24-Nov. 22 Something will happen today that takes other people by surprise, but you saw it coming.

Sagittarius Nov. 23-Dec.





Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.



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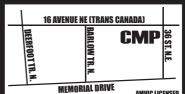
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